



‘Stress’ describes our physical and emotional response to a demand or ‘stressor’ in our environment.

Not all stress is bad. Stress is a natural occurrence in life and everyday stress is necessary for growth and development.

The human nervous system is designed to cope with a degree of stimulation. Most people enjoy being stimulated or challenged. If we can unwind and recover afterwards then there are no harmful effects.

The danger lies in too much stress or prolonged stress

At first we may feel tired and irritable but if stress continues and is not dealt with effectively it can result in physical and mental ill-health.





Sleep is vital as it allows our bodies and minds to recover from one day and prepare for the next.

In times of stress, when we need sleep more than ever, it can be difficult to wind down and nod off. If you're having trouble sleeping try the following dos and don'ts:

Do

- Go to bed and get up at the same time every day
- Sleep in a dark, quiet room
- Get out of bed if you are still awake after 20 minutes
- Try a bath, drink warm milk or chamomile tea 1-2 hours before bed
- Eat a lighter evening meal, but don't go to bed hungry
- If you are worried or stressed about something, put aside time during the day to resolve the issue, don't leave it to bedtime to mull over it

Don't

- Watch upsetting television shows or news programmes before bed
- Exercise before bedtime. Morning exercise will help you sleep
- Drink coffee after 3pm
- Go to bed if you are not sleepy, instead read or listen to music to help you relax
- Drink alcohol before bed
- Nap after 3pm

